

# FREE Community Yoga Mala

September 24th 6:00-7:30pm  
Howard Avenue Park in Kensington, MD  
(under the pergola)



Join the teachers of NiMaSte Yoga on Saturday, September 24<sup>th</sup> from 6:00-7:30pm for one hour of consecutive Sun Salutations, followed by Kirtan (traditional call and response singing). This "one hour Yoga Mala" is a modification of the *Global Mala Project* ([www.globalmala.com](http://www.globalmala.com)), a worldwide event that takes place around the Spring/Autumn Equinox to celebrate and promote peace.

Please bring a mat, blanket, and water bottle. All ages welcome, no experience necessary!



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